

Bone Broth made Easy

Easy Chicken Bone Broth

You need:

Large Slow Cooker
1 Raw Chicken Carcus
Veggies
Water
Apple Cider Vinegar

This can make up to 5 litres

Put the Carcus and any
veggies in the Slow Cooker
Add some ACV
Fill with water

Cook for 12 Hours
Mash with a Potato Masher

Add more Water

Cook for 24/36 hours

keep water topped up

Mash with Potato Masher
Sieve all the fluid
Freeze Bone Broth in Ice Cube Trays

Keep all the Mushy bits and use as a
Dinner topper

There should be No Bone Left

